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RUSSELL CROWE LIGHTENS UP

In 'The Nice Guys,' the actor shows his comedy chops. 20



Will Giants' Cruz ever be the same? 28

Mindfulness is the new multitasking. 22

ARTFUL DONATIONS

Painted pianos headed for schools after public display. 8-9



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3 THINGS YOU NEED TO KNOW

AFGHAN TALIBAN LEADER KILLED IN DRONE STRIKE, AFGHANS SAY

The United States has killed the leader of the Afghan Taliban in an air strike in a remote border area just inside Pakistan, Afghanistan said on Sunday, in an attack likely to dash any immediate prospect for peace talks. The death of Mullah Akhtar Mansour could trigger a battle for succession and deepen fractures that emerged in the insurgent movement after the death of its founder, Mullah Mohammad Omar, was confirmed last year, more than two years after he died. The strike, which U.S. officials said was authorized by President Barack Obama and included multiple drones, showed the United States was prepared to go after the Taliban leadership in Pakistan. **REUTERS**



AUSTRALIAN CLIMBER DIES WHILE DESCENDING FROM EVEREST SUMMIT

A 34-year-old Australian woman has died while descending from the summit of Mount Everest, local officials in Kathmandu said on Sunday, the second death on the world's highest mountain in as many days. The death of Maria Strydom on Saturday was also confirmed by Monash University in Melbourne, where she worked as a lecturer. Officials in Nepal said efforts were being made to take her body down from the mountain. Two Indian climbers went missing on the mountain on Saturday in the high slopes known as "death zone," said Wangchu Sherpa of the Trekking Camp Nepal company. The death of the Australian woman was the second on Everest this year and could hit mountaineering in Nepal. **REUTERS**

SOLAR PLANE LANDS IN DAYTON, OHIO, ON ROUND-THE-WORLD FLIGHT

An experimental airplane powered solely by energy from the sun landed in Ohio on Saturday night on the latest leg of its historic bid by pilots and developers to fly around the globe without a drop of fuel. The single-seat Solar Impulse 2 aircraft arrived in Dayton shortly before 10 p.m. local time, some 17 hours after leaving Phoenix Goodyear Airport, the project team said on its official Twitter page. "People told the Wright Brothers & us what we wanted to achieve was impossible," said Bertrand Piccard after landing. "They were wrong!" The locale was of special significance to the pilots, as the home base to aviation pioneers Orville and Wilbur Wright. **REUTERS**



GETTY IMAGES

BOLARIS' WEATHER WATCH: HOLIDAY WEEKEND ... BUST OR BEAUTY?

Residents living along the Northeast Corridor the past three weeks have pretty much had the same complaint: "What the hell is going on with the weather?"

The month of May has been aggravating and annoying and, yes, Mother Nature threw us all a bone this past Friday, but then quickly threw in a clunker of a weekend.

Well, we are starting off this week with the same funk we have experienced for most of May. With clouds dominating, and as an upper-level storm rotates through the Northeast, we can expect scattered showers and perhaps even a few boomers, especially by Tuesday afternoon.

Now before you go booking your flight to Fairbanks, Alaska — yes it's been nicer in Fairbanks than it's been around here — I actually have some great weather news as we move toward the unofficial launch of summer. Let's face it, it's always

Bolaris' Weather Watch



JOHN BOLARIS
@weathersavior

a bit of a crapshoot on what to expect on any given Memorial Day weekend in the Northeast. But with this particular upcoming weekend, it looks like we're going to get lucky. All models are indicating that a big warm up will start to arrive here by the middle of the coming week and last through the holiday weekend and even Memorial Day itself.

This is the way I see it for getaway Friday, whether you're heading to the Jersey Shore, the Hamptons, or the capes of Southern New England, we could see a bit in the way of clouds and a scattered shower as a warm front will start to arrive from the southwest.

This front marks the leading edge of a much more humid air mass

and with its arrival, I cannot rule out the chance of a few scattered showers or a rumble of thunder. Temperatures on Friday will be close to 80 across the I-95 corridor, and the upper 60s at most shore points.

The holiday weekend forecast: Saturday, Sunday, and Monday, Mother Nature will be dealing sunshine, with temperatures generally in the low 80s away from the coast, and mainly in the low- to mid-70s, before sea breezes kick in and cool off the beaches quickly.

It does not get any better than that on any given Memorial Day weekend. Hopefully by Tuesday of next week everyone will be yapping about what a fantastic holiday weekend it was. If it's not there will be hell to pay. Trust me, I know.

On a side note, we just relaunched Weather savior.com, check it out @johnbolaris, @weather savior.

New York City

Today: Mostly cloudy, afternoon shower, 71

Tuesday: Scattered showers and a boomer, 69

Wednesday: Increasing sunshine and warmth, 83

Thursday: Increasing clouds, warm, 81

Friday: Shower or storm possible, 75

Weekend
Saturday: Warm and more humid, 83

Sunday: Warm isolated inland storm, 83

Monday: Warm, 83

Long Island beaches will see temps mainly in the lower 70s before cooling sea breezes kick in

Water temp 52 degrees

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Citi Bike pedals further into Manhattan, Brooklyn this summer

This expansion will add about 140 more docking stations.



ANGY ALTAMIRANO
@MetroNewYork
letters@metro.us

The wheels keep turning for Citi Bike, and this summer more residents in Manhattan and Brooklyn will get the chance to hop on the blue bikes.

Mayor Bill de Blasio and Motivate — the company that operates Citi Bike — announced Thursday that the bike-share service will expand once again starting in August.

This new expansion, which will add about 140 docking stations, is expected to stretch service farther north in Manhattan to 110th Street, and in Brooklyn it will reach out to the neighborhoods of Boerum Hill, Cobble Hill, Carroll Gardens, Gowanus, Park Slope and Red Hook.

“The recent growth and expansion of Citi Bike is great for New York City, and something we are proud to have helped secure,” de Blasio said. “My former neighbors in Park Slope will certainly welcome



Flickr/Department of Transportation

the blue bikes this summer, and their arrival in transit-deprived neighborhoods like Red Hook illustrates our continued commitment to strengthening all of our communities and fighting inequality.”

In total, Citi Bike will have more than 600 docking stations and 10,000 bikes by the end

of 2016.

Last year, the bike-share program saw its busiest year with more than 10 million total rides taken. Currently, the program has over 100,000 annual members.

“This year, Citi Bike is getting bigger and even better,” said Jay Walder, president and CEO of

Motivate. “We are connecting the city like never before. And as we expand to new neighborhoods, we continue our efforts to invite more and more New Yorkers to try this healthy, convenient and fun way to get around.”

To add more bikes to areas that already have stations, the Depart-

ment of Transportation and Motive will bring close to 42 additional stations. Such areas include the Upper East Side and Upper West Side. More stations will also be added to areas planned for later this year and 2017.

Last year, plans were announced to double the size of the program

from 6,000 to 12,000 bikes by 2017. Currently, stations are located below 86th Street in Manhattan, Long Island City in Queens and in the Brooklyn neighborhoods of Bedford-Stuyvesant, Brooklyn Heights, Fort Greene, Clinton Hill, Downtown Brooklyn, Dumbo, Greenpoint and Williamsburg.

NYPD searching for three men involved in possible hate crime in Brooklyn

Police have released photos of three men they say are connected to a possible hate crime in Brooklyn.

The incident happened on May 13 around 11 p.m. in Park Slope.

According to police, three men approached the 32-year-old male victim and made negative remarks about his sexuality.

One of the male suspects with a tattoo under his eye punched the victim in the face while the other two men punched him and



Police release the photos of three men involved in a hate crime in Brooklyn. NYPD

pulled the victim's hair.

The three men fled the scene in an unknown direction.

The victim walked in to Methodist Hospital

and was treated for a fractured nose and eye socket.

Anyone with information regarding this incident is asked to visit

NYPD's Crime Stoppers website or call 1-800-577-TIPS (8477) or for Spanish, 1-888-57-PISTA (74782).

LENYON WHITAKER

BRIEFS

Man wounded during drive-by shooting in Chelsea

Police are searching for a gunman they say shot a man sitting in his car Sunday morning in Chelsea.

The incident happened around 5:40 a.m. Sunday near Cafeteria restaurant located on West 17th Street.

According to ABC7, a 27-year-old man told police he was sitting in his red Bentley

coupe when he felt pain in his upper body. He was shot once in the shoulder.

Witnesses in the area said they saw a gray-colored car taking off from the scene, possibly a Mercedes.

The victim, Garry Rey, was taken to Bellevue and is expected to survive, according to police.

Police are investigating.

LENYON WHITAKER



GETTY IMAGES

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People wait in line to enter the Diversity Job Fair in New York City. GETTY IMAGES

National Urban League: Black Americans still trail whites in key areas

One of the report's surprising conclusions is that, overall, poverty rates for both blacks and whites are about the same as they were in 1976.



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Black Americans still lag behind whites in several key areas including income, employment and housing, according to a recent report on equality by a venerable city-based civil rights and urban advocacy organization.

Produced by the National Urban League, The State of Black America (SOBA) is an annual report, issued since 1976, which compares inequality and the status of blacks against whites and other minorities across a variety of indicators such as education, jobs and criminal justice.

In its report, the NUL tells "an all-too-familiar story of persistent racial disparities in American life, making clear that the historic Obama presidency has not been a panacea for America's long-standing race problem."

One of the report's surprising conclusions is that, overall, poverty rates for both blacks and whites are about the same as they were in 1976, said Marc Morial, president and CEO of the NUL.

The report also found

that while overall improvements could be seen for both blacks and whites, the findings continued to tell a clear story of substantial disparities, especially in income and employment.

Specific takeaways from the report included that the unemployment rate for blacks has remained about twice that of whites across time and at every level of education.

In the New York Metro area, the income gap between blacks and whites remained unchanged, yet significant, with white median incomes near \$85,000 compared to black median incomes around \$45,000 in 2016.

The metro area with the least income disparity between blacks and whites in 2016 was Riverside-San Bernardino-Ontario, California, where black median income was about \$46,000 and white median income was about \$60,000.

Morial also added that one city which stood out, disappointingly, was San Francisco.

"Historically [San Francisco] has been a very progressive city but it also has one of the highest income disparities in the country between black and white citizens."

Asked about police/community relations and recent tensions in NYC and across the country, Morial said economics is often a root cause.

"The lack of economic opportunity in many communities is a factor,"

Morial said. "Look at the South Side of Chicago, Ferguson and the black communities of Staten Island and Brooklyn. High unemployment and poverty goes hand-in-hand with over-policing."

However, the SOBA report also showed overall gains have been made since 1976, in areas such as poverty reduction and education. The black poverty rate is now 2.4 percentage points lower than in 1976, down to 27 percent from 29.4 percent.

New York Congresswoman Kirsten Gillibrand, who contributed an essay to the SOBA report, noted that real change can only be achieved if people get involved in the political process.

"Later this year, millions of Americans will head to the polls to choose our next president," Gillibrand wrote. "... A large segment of our population — including a disproportionate part of the African-American community — continues to face many systemic challenges that shouldn't still exist in the year 2016. ... Economic inequality, voting rights, gun violence. We should keep all of these challenges in mind as we prepare to vote."

Also in its report, the NUL laid out a comprehensive fix to help remedy the problems of inequality in the country.

The plan calls for investing about \$1 trillion in America's urban communities over the next five years.

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ALL PHOTOS SING FOR HOPE

Nonprofit partners with NYC schools to donate artist-created pianos to students

For two weeks, the 50 pianos will be placed at parks and public spaces across the five boroughs.

ANGY ALTAMIRANO
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As art programs in New York City schools continue to get smaller due to budget cuts, and in some cases disappear completely, one nonprofit has found a colorful way to help keep the music going.

For the past five years, Sing for Hope has put together the city's largest public art project which brings 50 artist-created pianos to parks and public spaces across the five boroughs for a two-week period in June.

This year, for the first time, the nonprofit has announced that the Sing

for Hope Pianos have partnered with the city's Department of Education to have all the pianos donated to city public schools following their public installations.

"It's hardening for me as a musician to know how much the music programs have been cut," said Monica Yunus, co-founder and co-executive director of Sing for Hope. "If we can put the arts back into the schools with the pianos, that's a great thing."

Between June 9 and June 19, the colorful pianos will be present at the spaces for anyone to either play or view and there is also an app to locate the pianos. The instruments will first officially debut on June 6 at 28 Liberty Plaza.

And although the pianos — which are designed by an array of volunteer artists, community members of all ages, and celebrities — are

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only out in the public for two weeks, the plan is to allow the instruments to continue to have a life influencing others.

"It's interesting, so many kinds in New York haven't seen a piano and let alone touch one," Yunus said. "The mission of Sing for Hope isn't to create the next musicians, even though that would be great, but to engage in creativity."

For Bronx artist Vanezza Cruz — who is part of the program for a second year — she has seen while working as an art administrator for the DOE how many students are not given the opportunity to work with music or the arts.

She added that bringing the pianos to the schools also allows students to see that it is possible to have a career in the arts, regardless what others might tell them.

"There are a lot of

schools that don't have performing arts, they don't have access to instruments," Cruz said. "Combining the two brings so much to the school."

Currently Sing for Hope is still accepting applications from schools that want to be a home to one of the pianos.

In order for the pianos to be in the best condition possible, following their time outdoors, the nonprofit is also looking for "piano buddies," community members who would help cover up the pianos during inclement weather. Anyone interested can email pianos@singforhope.org.

The organization is also holding an online campaign to raise money that will go toward the transportation of the pianos and making sure they are tuned and updated before being donated to the schools.



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Obama arrives in Vietnam, seeks to turn old foe into new partner

Four decades after a war with Vietnam that deeply divided opinion in America, Obama aims to boost defense and economic ties with the country's communist rulers while also prodding them on human rights, aides say.

President Barack Obama arrived in Vietnam late Sunday ahead of a three-day trip aimed at sealing the transformation of an old enemy into a new partner to help counter China's growing assertiveness in the region.

His visit has been preceded by a debate in Washington over whether Obama should use the three-day visit starting Monday to roll back an arms embargo on Hanoi,



President Barack Obama disembarks from Air Force One after landing at Noi Bai International Airport in Hanoi on Sunday. GETTY IMAGES

one of the last vestiges of wartime animosity.

That would anger China, which resents U.S. efforts to forge stronger military bonds with Beijing's neighbors amid rising tensions in the disputed South China Sea.

But in the hours ahead of his arrival in Hanoi, where he was greeted on a red carpet by foreign ministry officials, there was no immediate word of a final U.S. decision on the ban.

Vietnam's poor human rights record is a sticking point, but the Obama ad-

ministration appears increasingly swayed toward giving Hanoi some leeway to build its deterrent against Beijing.

Obama's visit follows what the Pentagon called an "unsafe" intercept by Chinese fighter jets of a U.S. military reconnaissance plane over the South China Sea on Tuesday.

"Nobody has any illusions," said Evan Medeiros, Obama's former top Asia adviser. "This trip sends important signals to China about U.S. activism in the region and growing U.S.

concern about Chinese behavior."

Vietnam's government earlier this month said lifting the embargo would show mutual trust and that buying arms from its partners was "normal".

There has been much excitement about Obama's arrival in a country with a young population enthusiastic about closer U.S. ties, and resentful of Vietnam's economic dependence on its unpopular neighbor China.

"Obama visit to Vietnam is closure of the past," said Hanoi cyclo driver Vu Van Manh. "What's important is the present. The two countries can bond more to develop both economies."

As a sign of the capitalism that now thrives in Vietnam, some opportunistic businesses are using pictures of a smiling Obama to sell suits and instant photo services.

REUTERS

Greek parliament approves reforms in exchange for aid, debt relief

Greek lawmakers approved tax increases and a new privatization fund on Sunday and freed up the sale of non-performing loans in exchange for much-needed bailout loans and debt relief.

Athens hopes the measures, two days before a key euro zone finance ministers meeting, will help it unlock the funds it needs to pay IMF loans, ECB bonds maturing in July and increasing state arrears.

"Greeks have already paid a lot, but this is probably the first time that the possibility of these sacrifices being the last is so evident," Prime Minister Alexis Tsipras told lawmakers before a vote in parliament.

His left-led coalition, re-

elected in September on pledges to implement the terms of a 86-billion euro bailout it signed up to in July, has a narrow majority of 153 lawmakers in the 300-seat parliament.

The coalition voted in favor of the reforms with only one MP against some articles on the new privatization fund and a contingency mechanism of spending cuts that will be activated only if Athens looks set to miss its fiscal targets.

Syriza MP Vassiliki Katrivanou later resigned saying "we are implementing measures and policies which are against the core of our values." Her resignation will not affect the government's majority since she will be replaced. REUTERS

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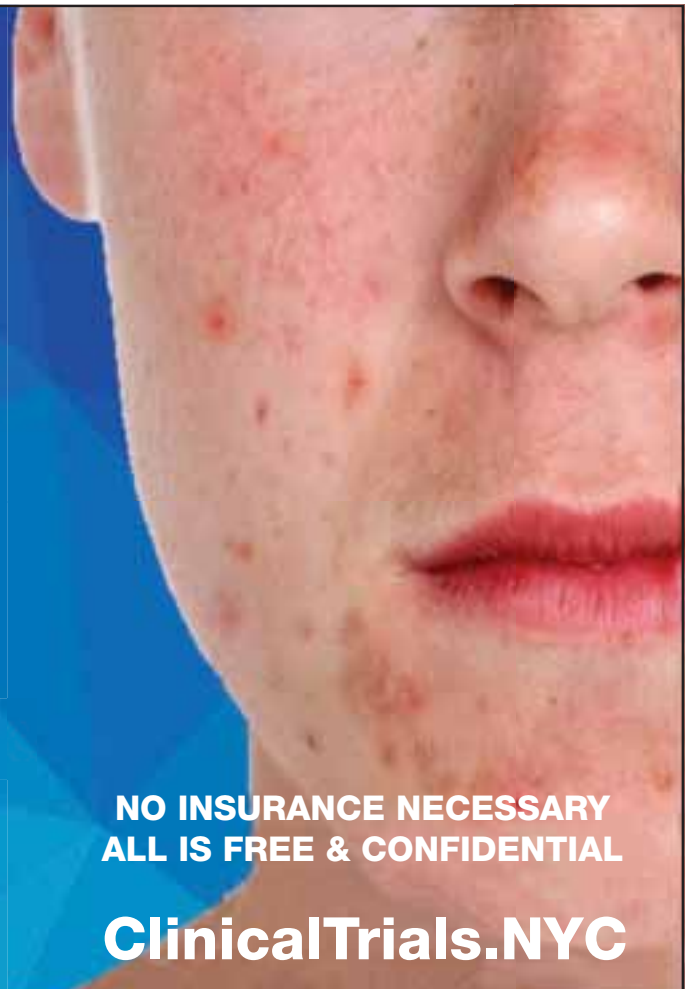
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TIME TO TOUCH GLOVES

Bam! After months of warming up in the primaries, we're finally seeing the first real punches thrown in the general election. Get the cut man. Here are my three things to watch this week in politics.

1. IT'S A LEFT, IT'S A RIGHT

Already Hillary Clinton and Donald Trump have called the other unfit to be president. Each has accused the other of hiding things. And each has alienated millions of voters. I'm feeling better about the government already. Maybe not. Anyway, I think it's going to get a lot nastier and fast. Camp Clinton clearly believes their best line of attack is to focus on his weaknesses with female voters and his utter lack of governmental experience. Team Trump's strategy can be summed up in the two words he keeps slapping on her: Crooked Hillary. Stay tuned ...

2. THAT BERNING SENSATION

Meanwhile, if Clinton looks like she's staring at a Rubik's cube that's because she is. The relentless campaign of Bernie Sand-

TOM FOREMAN

Opinion

CNN's Tom Foreman is the author of the new book "My Year of Running Dangerously."



ers, the raucous behavior of his followers and their accusations that the Democratic Party is cheating to help her win are all giving her fits. And it is not clear what she can do about it. She wants him out of the way so she can focus on Trump, but every time she even hints at that, Sanders' fans howl. Still, watch for her to take another stab at winning them — maybe even a little praise for the senator from Vermont — because time is running short, and you know what they say about a divided house ...

3. VEEPSTAKES

And of course, the D.C. crowd is now turning to its second favorite guessing game: figuring out who will be on the undercard. This week you can expect that discussion to pick up steam with chatter about running mates who might deliver swing states, voting blocks, evangelicals, minority groups and independents. Listen, have fun, and ignore it. No one really knows anything yet and honestly, running mates rarely make much difference.

Suspect in Massachusetts police killing is dead



Ronald Tarentino FACEBOOK



Jorge Zambrano HANDOUT

News sources say the suspect believed to be behind Sunday morning's fatal shooting of an Auburn police officer is dead.

The sources tell WCVB an officer was wounded during the encounter. The source said the officer had a minor injury. This occurred as police were searching a home on Watch Street in Oxford.

Ronald Tarentino, a 42-year-old officer in Auburn, was fatally shot around 12:30 a.m. EDT in the town, which is

approximately 50 miles west of Boston.

The shooter fled the scene in his vehicle, according to police.

In an advisory released by Massachusetts State Police and shared by police departments on Twitter, authorities said Jorge Zambrano, 35, was wanted for questioning in connection with the shooting.

The bulletin said Zambrano should be considered armed and dangerous.

Video taken by local television news outlets

showed dozens of officers lining the road as Tarentino's body was transported from a hospital to the medical examiner's office in Boston.

Tarentino was taken to UMass Medical Center in Worcester where he was pronounced dead. He was 42 years old and is survived by his wife and three children.

Tarentino joined the Auburn police department in May of 2014 after previously working at the Leicester Police Department. REUTERS/METRO

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Egypt sends robot submarine to help plane crash search

Ships and planes scouring the sea north of Alexandria have found body parts, personal belongings and debris from the Airbus 320, but are still trying to locate the black box recorders that could shed light on the cause of the crash.

Egypt has sent a robot submarine to join the hunt for an EgyptAir plane which crashed in some of the deepest waters of the Mediterranean Sea with 66 people on board, President Abdel Fattah al-Sisi said on Sunday.

Sisi said that underwater equipment from Egypt's offshore oil industry was being brought in to help the search.

"They have a subma-

rine that can reach 3,000 meters under water," he said in a televised speech. "It moved today in the direction of the plane crash site because we are working hard to salvage the black boxes."

An oil ministry source said Sisi was referring to a robot submarine used mostly to maintain offshore oil rigs. It was not clear whether the vessel would be able to help locate the black boxes, or would be used in later stages of the operation.

Air crash investigation experts say the search teams have around 30 days to listen for pings sent out once every second from beacons attached to the two black boxes. At this stage of the search they would typically use acoustic hydrophones, bringing in more advanced robots later to scan the seabed and retrieve any objects once



Relatives and friends of EgyptAir hostess Yara Hani (portrait), who was on-board Flight MS804, mourn during a ceremony at a church in Cairo. GETTY IMAGES

they have been found.

EgyptAir flight 804 from Paris to Cairo vanished off radar screens early on Thursday as it entered Egyptian airspace over the Mediterranean. The 10 crew and 56 passengers included 30 Egyptian and 15 French nationals.

French investigators say that the plane sent a series of warnings indicating that smoke had been detected on board shortly before it disappeared.

The signals did not indicate what caused the smoke or fire, and aviation experts have not ruled out either deliberate sabotage or a technical fault, but they offered early clues as to what unfolded in the moments before the crash.

"Until now all scenarios are possible," Sisi said in his first public remarks on the crash. "So please, it is very important that we do not talk and say there is a specific scenario." REUTERS

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New Affordable Condominiums for Sale at 2040 Frederick Douglass Blvd

Crescent 110 Equities LLC, is pleased to announce that applications are now being accepted for 10 affordable new condominiums now under construction at **2040 Frederick Douglass Blvd** in the **Harlem** section of Manhattan. This building is approved to receive a Tax Exemption through the 421-a Program of the New York City Department of Housing Preservation and Development. The amenities will include a uniformed lobby attendant, laundry facilities, recreation space, intercom, pre-wiring for a telecommunications system, individual temperature control for each condominium unit, and outdoor and indoor recreation space.

The sales prices, unit sizes, and income requirements are as follows:

421-a Units at 125% of Area Median Income (AMI)

Home Type	Units Available	Bedrooms	Household Size	Minimum Income	Maximum Income	Estimated Prices
Studio	2	Studio	1	\$60,000	\$79,275.00	\$390,707 - \$391,499
1 Bedroom	3	One	1	\$62,400	\$84,938.00	\$415,121
			2	\$62,400	\$84,938.00	\$415,121
2 Bedrooms	5	Two	2	\$73,200	\$101,925.00	\$492,313 - \$495,712
			3	\$73,200	\$101,925.00	\$492,313 - \$495,712
			4	\$73,200	\$101,925.00	\$492,313 - \$495,712

* Subject to occupancy Criteria • ** Income guidelines subject to change

Eligible buyers should have 10% of the purchase price available for down payment. Buyers do not need to be first time homeowners. Buyers must occupy the condominium as their primary residence. **Please note that the quoted sales prices, maximum household income, etc., are estimated and are subject to change.**

REQUEST BY MAIL: 2040 Frederick Douglass Blvd Condo, c/o Housing Partnership Development Corporation, 242 W. 36th Street, 3rd Floor, NYC, NY 10018. Include a self-addressed and stamped envelope

DOWNLOAD ONLINE: <http://housingpartnership.com/2040-frederick-douglass-blvd>

Informational sessions will be held on:

June 6, 2016 and June 16, 2016 at 6pm at 314 West 120th Street, New York, NY 10027

Seminar attendance is not mandatory to purchase a home.

Qualified applicants will be required to meet income guidelines and additional selection criteria. Completed applications must be returned by regular mail only (no priority, certified, registered, express, oversized, or overnight mail will be accepted) to a post office box number that will be listed on the application, and must be postmarked by July 26, 2016. All applications postmarked after the deadline date above will be set aside for possible future consideration. Applications will be selected by a lottery; applicants who submit more than one application may be disqualified. Preference will be given to New York City residents. 5% of the units are set aside for mobility-impaired applicants. 2% of the units are set aside for visual or hearing impaired applicants. Preference for a percentage of units goes to: Residents of Manhattan Community Board 10 (50%) and Municipal employees (5%).

EACH BUYER MUST OCCUPY THE HOME AS HIS PRIMARY RESIDENCE. Therefore, any approved applicant will need to sell and terminate any lease to any other residences prior to closing. Any prospective applicant who currently owns or previously has owned a residence under a governmentally assisted project or program is ineligible.

No Broker's Fee. No Application Fee. Owner Occupancy Required.

Bill de Blasio, Mayor

The New York City Department of Housing Preservation and Development
VICKI BEEN, Commissioner • www.nyc.gov/hpd





OMEGA HORSE RESCUE AND REHABILITATION

Jon and Tracey Stewart adopt Lily, the 'Paintball Pony'

Former Daily Show host Jon Stewart is stepping up to help adopt a pony that was shot with a paintball gun over 125 times and abandoned at a sale stable earlier this year, Lancaster Online reports.

Stewart and his wife Tracey run a sanctuary for animals in New Jersey that will be the home for the "paintball pony," now named Lilly

by SPCA workers. Lily is reportedly being rehabilitated at the Omega Horse Rescue & Rehabilitation Center in Airville.

"I don't think we could ask for better," the center's director, Kelly Smith told LancasterOnline. "She'll be living the life of Reilly. She'll be well cared for, and she'll never want for anything again."

Philip Price Jr., 65, of

East Providence, Rhode Island, was convicted Friday on three counts of animal cruelty charges, one count of dealing and handling animals without a license, and one count of importing animals without an interstate health certificate.

He must pay \$3,056 in fines and \$10,178 in restitution for the horse's recovery. CHRIS CAESAR

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Iran has no plans to freeze oil exports, official says ahead of OPEC meeting

Iran has no plans to freeze the level of its oil production and exports, Deputy Oil Minister Rokneddin Javadi was quoted on Sunday as saying, as the country tries to raise its crude exports to pre-sanctions levels.

"Under the present circumstances, the government and the Oil Ministry have not issued any policy or plan to the National Iranian Oil Company towards halting the increase in the production and exports of oil," Javadi, who also heads the state-run NIOC, told Iran's Mehr news agency.

"Currently, Iran's crude oil exports, excluding gas condensates, have reached 2 million barrels per day (bpd)," Javadi said.



An Iranian man works at an oil facility in the Khark Island, on the shore of the Gulf. GETTY IMAGES

"Iran's crude oil export capacity will reach 2.2 million barrels by the middle of summer."

A meeting of the OPEC exporters' group, including Iran, is scheduled for June 2. Plans for a deal between OPEC and non-OPEC producers to shore up crude prices by freezing output fell apart in April when Saudi Arabia

demanding that Iran, its main rival for influence in the region, join in.

Iran's oil exports were badly dented by Western sanctions and since these were scrapped in January, it has been determined to build its exports back up, making a compromise with Saudi Arabia almost impossible.

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Former Megadeth drummer dies after collapsing during Los Angeles gig

Nick Menza, a former drummer for the heavy metal band Megadeth, died at age 51 after collapsing on stage at a Los Angeles club late on Saturday, a family spokesman said on Sunday.

Menza collapsed while performing with his current band OHM at the Baked Potato club in Studio City, California, where he lived, said family spokesman J. Marshall Craig, who is also Menza's biographer.

The band had been performing its third song of the first set late on Saturday when Menza collapsed, Craig said. Audience members and friends tried to resuscitate him until medics arrived, but Menza died in an ambulance en route to a local hospital after 25 minutes of resuscitation attempts.

"Despite his excellent



Nick Menza GETTY IMAGES

health and extremely active, sober lifestyle, a heart attack is his suspected, though not confirmed, cause of death," Craig said. An autopsy will be performed, he said.

Menza was the longest-serving drummer for Megadeth from 1989 to 1998, a period when the band was considered at its height, Craig said. He recorded drums and toured on the albums "Rust in Peace," "Countdown to Extinction," "Youthanasia" and "Cryptic Writings."

Menza was asked by

Megadeth co-founder Dave Mustaine to join the band in 1989, after first playing live with the group the year before in Bradford, England, according to Menza's website.

Halfway through a 1998 tour, Menza discovered a tumor on his knee and was forced to leave for surgery. Megadeth hired a replacement and Menza was not asked back, the website said.

In an upcoming memoir, Menza has nothing but praise for his former bandmates, including Mustaine, and considered himself fortunate to have been a part of a legendary band, Craig said.

He had been playing in OHM, which included fellow Megadeth alumnus Chris Poland, for more than one year after various solo stints, Craig said.

REUTERS

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American Medical Systems, LLC has sponsored funding for this patient seminar and accompanying educational material.

1. DiMeo PJ. Psychosocial and Relationship Issues in Men with Erectile Dysfunction. Urologic Nursing. 2006 Dec; 26(6): 442-453.

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NOTICE OF FRANCHISE AND CONCESSION REVIEW COMMITTEE PUBLIC HEARING ON AGENCY ANNUAL CONCESSION PLANS

Notice of a Franchise and Concession Review Committee (FCRC) Public Hearing on Agency Annual Concession Plans for Fiscal Year 2017 pursuant to Section 1-10 of the Concession Rules of the City of New York (Concession Rules), to be held on Monday, June 6, 2016, commencing at 2:30PM, and located at 253 Broadway, 14th Floor Conference Room, Manhattan. At this hearing, the FCRC will further solicit comments about the provisions of the Concession Rules from the vendor community, civic groups and the public at large. The FCRC shall consider the issues raised at the Public Hearing in accordance with the procedures set forth in the New York City Charter under the City Administrative Procedure Act.

The following agencies submitted an Annual Concession Plan for Fiscal Year 2017: the Department of Parks and Recreation; the Department of Citywide Administration Services; the Department of Environmental Protection; the Department of Homeless Services; the Department of Corrections; the Department of Health and Mental Hygiene; the Department of Transportation; the Department of Sanitation; the New York City Fire Department; the Department of Housing Preservation and Development; the NYC & Company on behalf of the Department of Small Business Services; the New York City Economic Development Corporation on behalf of the Department of Small Business Services; and the New York City Police Department.

The portfolio of Agency Annual Concession Plans covers significant and non-significant concessions expiring, continuing and anticipated for solicitation or initiation in Fiscal Year 2017. Furthermore, the portfolio covers, *inter alia*:

- Department of Parks and Recreation: mobile food units, food service facilities, golf courses, driving ranges, marinas, tennis professionals, athletic facilities, Christmas trees, parking lots, markets, fairs, restaurants, concerts, newsstands, stables, gas stations, amusement venues, ice skating rinks, carousels, ferry services, bike rentals, circus, sailboat rentals, souvenirs and gifts, beach equipment, and event programming.
- Department of Citywide Administrative Services: maritime/non-maritime occupancy permits, and vending machines.
- Department of Environmental Protection: gas purification.
- Department of Homeless Services: athletic facilities.
- Department of Corrections: food services, mobile food units, vending machines and cell tower.
- Department of Health and Mental Hygiene: drug discount card program.
- Department of Transportation: vending machines, pedestrian plazas, food courts, café, market, and dispatch booth/pick-up area for car service.
- Department of Sanitation: advertising.
- New York City Fire Department: fire museum and collections.
- Department of Housing Preservation and Development: vending machines, and café.
- NYC & Company on behalf of the Department of Small Business Services: marketing, advertising, intellectual property and trademark merchandising.
- New York City Economic Development Corporation on behalf of the Department of Small Business Service: parking lots, maritime and non-maritime occupancy permits.
- New York City Police Department: vending machines, ATMs and cafeterias.

Interested parties may obtain a copy of the Agency Annual Concession Plans by contacting Stephanie Ruiz by phone at 212-676-3099. Hard copies will be provided at a cost of \$.25 per page by check or money order made payable to the New York City Department of Finance. Upon request, a PDF version of the Agency Annual Concession Plans is available free of cost.

Baby Boomers May Avoid Knee Surgery With Modern Arthritis Treatments

Doctors say these two factors are the keys to knee arthritis treatment success and relieving pain without surgery

By Matt Edgar

America's Health Writer

New York City - Everyone has said it at one time or another. If I had only known about "this" sooner - things would be very different today.

That's what many knee arthritis pain sufferers are saying about this technology and treatment.

"We all know that countless lives are being saved every year because of early detection and better treatment of cancer," noted the clinic director at the Downtown Medical in New York City. *"The same holds true for treating knee arthritis pain. I believe we are having so much success at Downtown Medical because of two factors: One is we are using advanced medical technology and treatments a lot of clinics do not use. And second, the word has spread to our community and so many knee arthritis sufferers are coming in sooner. And the earlier we can treat knee arthritis - the better the results. The key to avoiding knee replacement surgery is doing the correct treatments as soon as possible."*

What is the "correct treatment?"

"That depends," said the director. *"There is no one answer when it comes to medical conditions and knee arthritis is no different. That's why, if you have knee pain, you should have it evaluated by a doctor who deals with and treats knee pain every day,"* added the director.

For many knee arthritis pain sufferers the right treatments is viscosupplementation. In this treatment, a preparation of Hyaluronic acid (such as Hyalgan) is injected directly into the knee joint.

Hyaluronic acid is a natural lubricant and shock absorber of your joints and is found to be decreased in arthritis sufferers. This is similar to running your car low or without oil. Obviously, the sooner you put oil back in the car - the less damage will be done. That's why some doctors feel early viscosupplementation gets the best results and is so important for avoiding surgery.

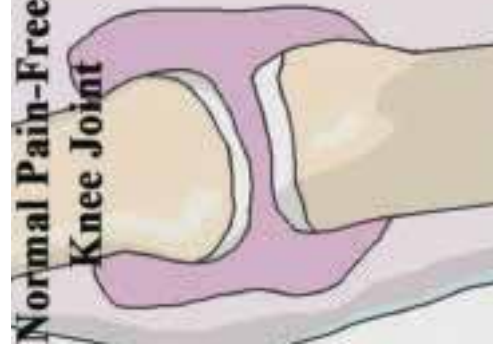
The director, believes one of the most important factors for the success of viscosupplementation is making sure you are getting it into the joint space. That's why the doctors at Downtown Medical use advanced imaging technology called a "C-Arm."

A C-Arm allows the doctor to see into the joint and actually watch the injection go where it is supposed to. Research shows that performing injections without digital imaging can result in missing the joint space as much as 30% of the time. If you had viscosupplementation treatments without advanced imaging and did not get good results - this may be why.

"If you have knee arthritis pain, viscosupplementation might be the answer you are looking for. The keys are to not wait, get a good evaluation from an expert and make sure advanced digital imaging (C-Arm) is used to make sure you have the best chance for success."



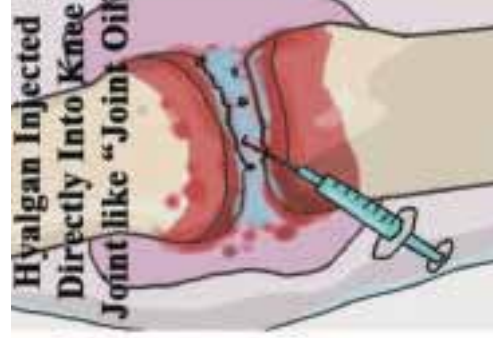
Can This Be Avoided? Total knee replacement is serious surgery requiring months of rehabilitation. Some doctors think modern treatments done early enough can keep baby boomers from going under the knife.



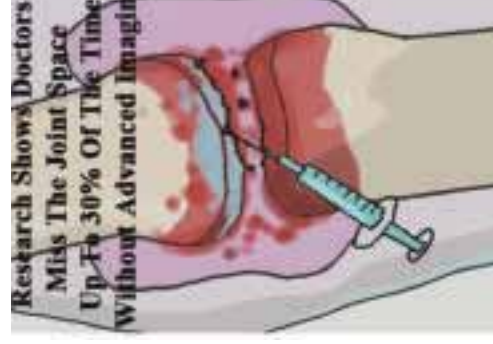
Everyone Wants Proof: In the artist simulated drawings above, picture #1 is a normal, pain-free knee. There is no arthritis and the knee can move and bend freely without pain.



Pain - the red is a knee joint with painful osteo-arthritis. Arthritis causes the joint space to decrease, grinding, stiffness, decreased motion, bone spurs, swelling and a lot of pain.



Successful Treatment - Hyalgan (blue) being precisely injected directly into the knee joint using laser guided hologic imaging. Advanced imaging allows treatments to be as precise as possible. Hyalgan can lubricate the joint and decrease pain.



Failed Treatment - the injection (and Hyalgan) misses the joint space. Research shows this occurs up to 30% of the time without the use of laser guided hologic imaging to guide the injection. This is why Hyalgan may not have worked for you.

Knee Pain Screenings Offered To Help Determine If New York Metro Area Residents Qualify For Popular Treatment

Knee pain sufferers have limited time to claim knee pain screening to see if all-natural knee arthritis treatment might work for them

If you qualify for this treatment, it might be one of the happiest days of your life.

That's because, for the past year and a half, hundreds of knee pain sufferers have flocked to Downtown Medical New York City.

That's when their specially trained-doctors added Hyalgan treatments to their already successful comprehensive knee pain relief program.

Viscosupplementation is unique because - even-though it is manufactured by a pharmaceutical company, it is NOT considered a drug because it is a natural substance with an incredible story.

Why So Many Want It

You see, when you suffer with arthritis - the lubricating fluid (synovial fluid) in your knee joint dries up.

This means instead of gliding smoothly - your bones start to rub and grind against each other.

This causes a little pain in the beginning - but over time the pain steadily gets worse until it is excruciating.

Like "Joint Oil"

Viscosupplementation works so well because it is like 'joint oil.' It is a natural substance that contains one of the natural building blocks of the synovial fluid that lubricates your knee.

Scientists and researchers discovered this natural building block to synovial fluid in the rooster's comb - that big red thing on top of the roosters head. It is extracted from the roosters comb, purified and concentrated.

When it is injected directly into your knee joint, it is like squirting oil on a rusty door hinge.

Viscosupplementation allows your joints to glide more smoothly eliminating a lot of the rubbing, grinding and pain.

Can Supplements Do The Same Thing?

No. Glucosamine and chondroitin and other supplements are much different. You can only get this from a doctor and it often helps knee pain sufferers who got limited or no success from glucosamine and chondroitin. Beware of unsubstantiated claims made by supplements to do what this advanced medical procedure does.

Why You Should Try This Even IF You've Already Had Similar Treatments Without Results...

"We have been able to help so many knee pain sufferers - even many who have already tried other injections like Synvisc, Supartz, Orthovisc and even Hyalgan. We use special and very advanced advanced low dose video fluoroscopy imaging called "Hologic Digital Imaging" so we can see right into the joint. This allows us to put the Viscosupplementation exactly where is needs to be. Studies show doctors doing joint injections without fluoroscopy miss the joint up to 30% of the time." said the director of Arthritis Treatment at Downtown Medical.

Downtown Medical is a state of the art medical facility offering only the best technology.

And that's not all - Downtown Medical has a complete knee relief program called "P.A.C.E." to make sure you get the most pain relief and the best possible results from treatment.

"Every case is individual. Some patients get quite a bit of relief right away - others take a little more time. But most have been extremely happy. We've noted results lasting no less than 6 months for many but up to 2 years for some patients.. Patients who were suffering for years with bad knee pain are getting their lives back... going for walks again and exercising. It is amazing to see. They tell all their friends - that's why we are swarmed. I can't tell you how many patients have cancelled their total knee replacement surgeries." added the director.

How To Get I

If you have knee pain, the director would like to invite you for a no obligation screening to see if you are a candidate for Hyalgan treatments and the P.A.C.E program.

Most Out-of-Network Insurance Plans
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Most Union Plans • Transit Worker Plans
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Aetna • Cigna • Empire • Oxford • GHI • 1199
Blue Cross Blue Shield & others
*EZ payment plans and financing also available



Advanced Medical Technology Can Make All The Difference: This advanced digital imaging called a C-arm allows doctors to see directly into the knee joint so treatments are precise and the Hyalgan actually goes where it is supposed to. Studies show that injections done without digital imaging can miss the joint up to 30% of the time. This is one reason Hyalgan or other Viscosupplementation may not have worked for you. Downtown Medical uses this C-arm for every Hyalgan treatment.

All you have to do is call 800-227-KNEE (5633) right now and when the scheduling specialist answers the phone tell her you would like your no obligation "Knee Pain Screening." The specialists at Downtown Medical can only accept a limited amount of new patients each month for this screening - so if you are interested please call now. Your no obligation screening will only take about 25-30 minutes... you will get all your questions answered and leave knowing if you have possibly found the solution to your knee pain.

- ▶ **And here's something really important** - Viscosupplementation treatments and the P.A.C.E program are covered by most insurance and medicare. To schedule your no obligation screening or if you have any questions call 800-227-KNEE (5633).
- ▶ **Do you have pain and osteoarthritis (arthritis) of the knee?**
- ▶ **Have you tried other treatments such as NSAIDS and other anti-inflammatory medications without success?**
- ▶ **Have you already tried viscosupplementation (Hyalgan, Supartz, Synvisc) without satisfactory results?**

If you answered yes to any of these questions - give Downtown Medical a call and schedule your no obligation knee pain screening 800-227-KNEE (5633).

Downtown NYC Medical
65 Broadway, NYC

Med. Director: Gazelle Craig, D.O

Kanye West broke Ellen

It's been a hot second since we've had a good old fashioned Kanye West diatribe, but luckily he has an innate sense for what the world is lacking. To put us all at ease, West dropped by "The Ellen Show" for an eight-minute, fittingly bizarre stream-of-consciousness "interview" that left Elle DeGeneres pretty much speechless. "I'm sorry, daytime television. I'm sorry for the realness," he offered. While he took time to address his more eyebrow-raising tweets, the Oscars diversity issue, the state of hip-hop and how he wants to team-up with discount shoe retailer Payless to help combat bullying, perhaps his more salient point was about how all our criticisms and jokes are just getting in the way of West achieving his full



ALL PHOTOS GETTY IMAGES

potential. "We got 100 years here. We're one race – the human race – one civilization. We're a blip in the existence in the universe and we're constantly trying to pull each other down," he said. "I feel I can make a difference while I'm here." By all means, sir.

Fans not down with Leo's jet usage

Leonardo DiCaprio is a busy man. He was hanging out in Cannes last week, living it up, but then he had to be in New York to receive an award honoring his environmental efforts and then be back in the South of France for an AIDS gala. So what did he do? What any sensible elite movie star would: hop on the old private jet to whisk yourself to NYC and back. But that travel itinerary is ap-



parently rubbing some fans the wrong way. "Everyone saying he's some hero for protecting the environment," one fan wrote on his Instagram post from the gala.

"He's just a hypocrite." Another concurred, posting, "Unfollowing [DiCaprio]. Practice what you preach." I guess that's what you get for trying to help, Leo.

the word

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DAILY VIDEO



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Trump goes hard

Want to see something that's oh so very Internet in every possible? The wonderful tunesmiths at Fine Bros. took that hard-to-watch Donald Trump/Meghan Kelly

interview and turned it into a boastful bit of rap, which almost – almost! – makes the GOP frontrunner palatable. Did you know that he goes hard? Apparently, he does. Especially when it comes to balloon animals.

A surprise turn in the Affleck-Garner split

What's the opposite of Ben Affleck and Jennifer Garner divorcing? How about calling off the breakup and getting back together to welcome a fourth child? Crazy, right? And yet: "Friends are expecting an announcement very soon that Jen is pregnant," a source tells Radar Online. "Jen has played Ben like a fiddle. She was determined to

make him 'walk the plank' over his wild ways. She believed he would come to his senses and they could save their marriage. She's always wanted another child with him. Even since they split, she's gushed publicly about how he is the love of her life." Man, some people just don't know how to break up.



Katy Perry makes relationship Instagram-official

So I guess we all know for sure that Katy Perry and Orlando Bloom are a thing – assuming the past few months of their international make-out tour weren't evidence enough. No, Perry went and confirmed the coupling with a cute Instagram post, because once you put it on social media, you know it's real. The singer posted a

pic of the two sprawled out on the steps of the Hotel du Cap Eden-Rock in the South of France, decked out in fluffy robes and swimwear. The photo bore the pun-friendly caption, "We Cannes't," so you know they're going to be one of those "jokey" couples. Great. You all have fun with that, I'll just see myself out.

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How to flirt over text (and not freak out)



Put down that book — don't seem digitally unavailable! **istock**

One of my clients recently handed over her phone so I could read her text exchanges with a match. "He ghosted on me," she said. But when I viewed their messages, the reason he ghosted became clear — she was acting digitally unavailable.

In a world where we text instead of call, even small miscommunications via text can cost you dates. Here are three texting must-haves so you don't lose out on any date nights.

Focus on connecting and planning — equally

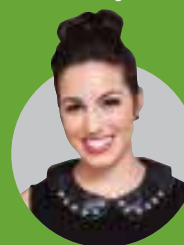
The best text flirting involves both. Think about it: If you try to get to know someone without meeting IRL, you may waste your time writing all those texts and never go on a date.

But similarly, if you try to skip directly to the date, you may not build up a strong enough connection to have a great time in person. If you haven't met, nudge your match offline after about 20 to 30 messages back and forth. Don't

LAURIE DAVIS EDWARDS

Single and Swiping

Laurie Davis Edwards is the founder of eFlirt, an online dating concierge service, and the best-selling author of "Love @ First Click: The Ultimate Guide to Online Dating."



be shy!

Or if you've already met, send a "thank you" text post-date to keep the text string open and continue connecting.

If the other person doesn't mention another date within a

week, go for it yourself.

Don't fear silence

Often, my clients freak when their text doesn't get a reply. They say, "She/he must not be interested anymore," or conclude the person ghosted. But not every text needs a reply.

It's possible the conversation came to a natural close, especially if you didn't ask a question. Sending a second message is OK after a few days. Make sure the person had enough time to reply to the first, and then include a question so it clearly calls for a response.

Let "real time" communication be real time

With my client I mentioned, the lag time between messages was the issue — it took her more than 24 hours to reply!

Don't strategize your reply time — just respond when you see a match's message. Having a digital conversation in real time is powerful, so you both want to meet up face-to-face sooner.

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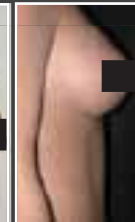
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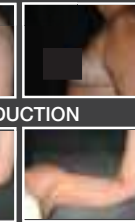
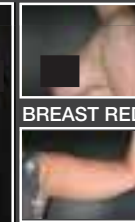
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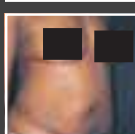
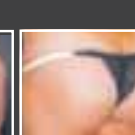
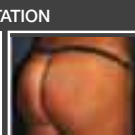
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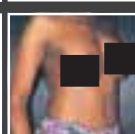
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Russell Crowe finds his funny bone

The key to comedy, the “Nice Guys” star says, is not trying too hard.



MATT PRIGGE
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Russell Crowe has had few chances to show he's funny. But though “The Nice Guys” is a comedy — and a mystery and a thriller — he never goes overboard trying to make you laugh. His character, the brutish “enforcer” Jackson Healy, is the straight man to Ryan Gosling's bumbling, girl-shrieking P.I., Holland March, both of them caught up in a violent and often ridiculous missing-person case in 1970s Los Angeles. The latest from Shane Black — who helped birth the modern buddy action comedy with his script for “Lethal Weapon” — it does give the Oscar-winning actor, now 52, a chance to snarl



Ryan Gosling and Russell Crowe play a P.I. and an “enforcer,” respectively, who team up to solve a crime in Shane Black's “The Nice Guys.” WARNER BROS. PICTURES

some sour one-liners, and wear some silly clothes.

Do you tend to think about how your characters dress? For instance, was that loud blue jacket Jackson Healy wears your idea?

You always want to be involved in that. You always have to think about practical considerations. So I actually stole

that blue leather jacket off Ryan's costume rack. They had that jacket for him, but he was about five minutes late for the costume fitting. I put it on and it fit me, so I put it on my costume rack. I only confessed that to him last night, actually. I love that jacket. I told him, “You shouldn't have turned up late.”

He mostly wears that one costume through the movie. I didn't really think he

was that complicated in that area. I didn't think he had that many shirts, that many jackets. So we just shrunk it down to a few things. The way I thought about Healy is that he comes from a service background, most likely the Navy. We see the house he lives in. His space is sparse and the shelves are empty. He can walk from the bedroom to the front door in one linear line, pick up what he needs and be gone. I think those things shaping the character is as important as any aspect of him.

You haven't done a lot of comedies. But you and Ryan do have a classic comedy duo set-up: One is very funny and the other is the straight man.

One of the decisions Shane made quite early, which we went with, was making sure there was a physical difference between us. Quite often in duos — Bing Crosby and Bob Hope, Abbott and Costello, Laurel and Hardy — there's a physical difference.

Gosling gets most of the physical comedy. When you get some, you're not trying hard to make it funny.

You can't do that. Soon as you do that you're going to kill it. Soon as you try to make it a series of gags the nature of the film changes. It has to be organic and it has to come from a place of deep belief. These characters are in situations that may be deeply absurd, but they don't see it that way. It's just their lives.

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Vegan and very good

Laura Miller brings home the bacon — but not literally.



RACHEL RACZKA
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rachel.raczka@metro.us

Social-media star Laura Miller went vegan overnight after reading a book about the practice at age 18 — but she doesn't recommend you follow in her footsteps.

"It's the big joke that you're vegan for a week or a month," she says. "I'm a big proponent of the slow and steady, adding new plant-based things along the way."

Miller entices vegan enthusiasts and diehards with her series for Tastemade, in which she whips up colorful produce-packed dishes with deadpan humor and simple, healthful

recipes. Her first cookbook, "Raw. Vegan. Not Gross." debuted this week from Flatiron.

What's your background in cooking?

When I decided to do vegan food I figured I needed to earn my stripes, so I worked as a line cook at a big restaurant. I didn't know how to get trained in raw foods — I tried one place but it was

a little too cult-like for me — so I gave up and started a tiny raw food business in San Francisco and had to teach myself.

Did you learn anything from the process?

I learned I was a bad businesswoman. I was more interested in teaching people about the food than selling it ... to make a profit. I would be like, "Oh don't worry, I'll send you the recipe! You don't have to buy it!"

Is there any one food that can turn a skeptic into a believer in vegan food?

Magical raw things like avocado pudding, which a lot of people know now, but if you do it right, it just tastes like a delicious pudding, not like avocado.



Lavender Cheesecake

Excerpted from "Raw. Vegan. Not Gross." by Laura Miller

Active time: 2 hours
Inactive time: 4 hours or 12 hours mostly raw • 1 cheesecake; 8 to 10 servings

For the pink layer:

- 2 cups fresh coconut meat
- 1 cup raw cashews, soaked
- 1 cup agave nectar
- 1/4 cup fresh lemon juice
- 1/2 cup coconut oil
- 1/2 cup beet juice
- 1/2 teaspoon sea salt
- 2 teaspoons culinary lavender
- 1/4 cup nutritional yeast

For the crust:

- 1 cup beets, coarsely chopped
- 3 cups coconut flour
- 1 cup almond flour
- 2 tablespoons nutritional yeast
- 1 teaspoon sea salt
- 1 teaspoon grated lemon zest
- 2 teaspoons dried lavender



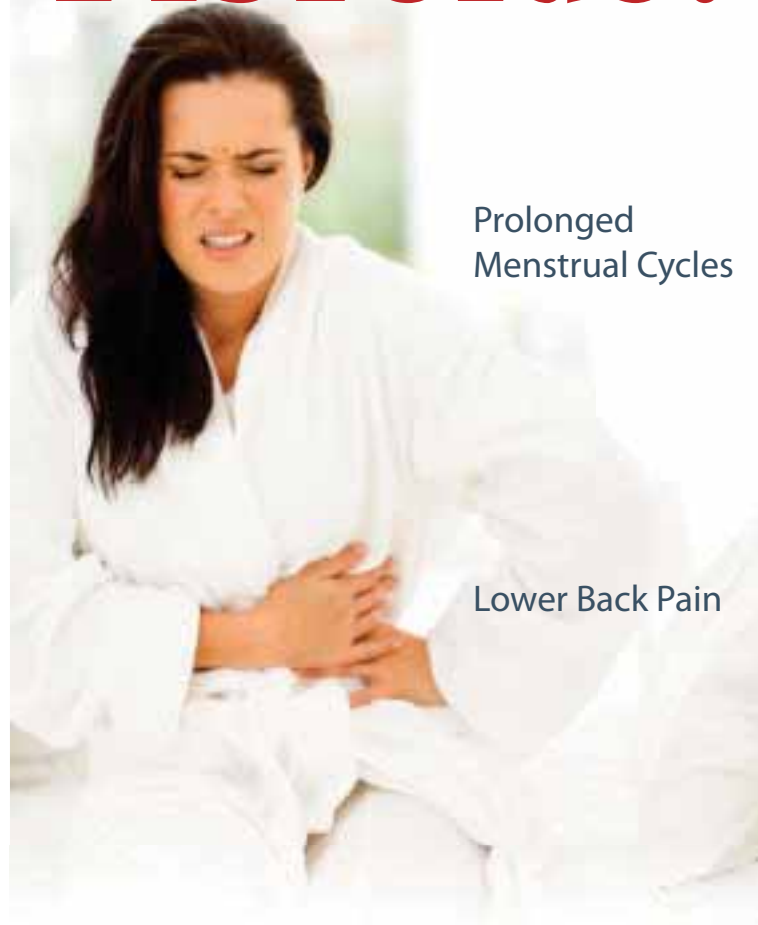
ALL PHOTOS PROVIDED

Make the crust: In a food processor, pulse the beets a few times, then add the remaining crust ingredients and process again, but keep the mixture somewhat chunky. Press the crust into a 9-inch springform, making sure to reinforce the sides so they don't break, and dehydrate overnight or bake in the oven at its lowest temperature for 2 to 3 hours, until crust is warm to the touch. Let cool completely.

Make the white layer: Put all the ingredients in a blender and blend until smooth. Once the crust has cooled, pour the white layer into it and place in the refrigerator to set up for at least 30 minutes.

Make the pink layer: Put all the ingredients in a blender and blend until smooth. Pour over the white layer. Refrigerate or freeze for at least 30 minutes. Keep in the freezer until ready to serve.

Fibroids?



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Why meditation makes you more productive than multitasking

Stressed out? Frantic? Mindfresh wants you to take a breather — without leaving your office.

ALIZAH SALARIO
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alizabeth.salario@metro.us

Your inbox is full. Your desk is cluttered. Your phone is ringing. Your brain is fried. And it's not even lunch — which you usually skip, anyway.

What if you could press the reset button? Get out of that swivel chair and stretch, then close your eyes while a soothing voice coaxed, “inhale on ‘just,’ exhale ‘breathe.’”

And why, yes, that is sandalwood and lime you smell, therapeutic scents to help lift your mood.

In our always-on office culture, this is a workplace fantasy. It's also a standard 30-minute session from Mindfresh, a company that strives to boost office productivity and help workers destress by, well, refreshing minds.

In New York and San Francisco, Mindfresh's two outposts, startups and corporate firms are bringing in teachers (holistic practitioners and yoga instructors) to lead 30-minute workday sessions.

Each Mindfresh session consists of mindful movements — stretches

for releasing the neck and shoulders, where people hold tension and anxiety — and breathing exercises to quiet the mind and focus attention. Sessions take place in conference rooms or deskside, workout clothes not required.

As workplaces spiral toward peak digital burnout, we're experiencing a productivity backlash, says Mindfresh cofounder Jen Kluckowski.

“People will put ‘I’m a great multitasker’ on résumés. But there’s a lot of different research

showing that if you do five or six different things at one time, you make so many errors, it’s done carelessly, you have to go back and redo things, other people have to correct you. So now there’s more of a shift toward ‘How do we train our brains to do one thing at a time again

with total attention?” says Kluckowski.

The benefits, says Kluckowski, are hard to quantify, but people leave sessions more focused and with greater clarity.

And yet the perception that taking a break equals slacking persists.

“There’s this concern that if we do need a reset, if we’re feeling overwhelmed and frantic and not like we’re producing your best work, if

you’re to step away from your desk and actually do something like meditate, how are you going to look and be perceived by your coworkers and bosses? Everyone is terrified to do it,” she says.

Mindfulness as a means to “performance enhancement” makes sense in New York, where “people want to be the best at everything they do,” says Kluckowski. That includes being mindful.

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Negotiating for higher pay isn't ruthless — it's business

Why should a successful actress who asks for equal pay draw comparisons to her cutthroat "House of Cards" character?



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"House of Cards" star Robin Wright made headlines after revealing that she negotiated for a salary equal to that of her co-star Kevin Spacey. Kudos to her, right?

Right — except for one thing, says Katie Donovan, an equal-pay consultant and public speaker.

"I hate every single headline that said, 'Claire Underwood would be

proud.' They're basically saying, for you, average Jane, to get ready to negotiate you need to be a woman who literally killed people, had affairs and is considered a witch among witches to be able to pull it off," says Donovan, referencing the Machiavellian maneuvers of Wright's character, Claire Underwood. Donovan is all for Wright negotiating equal pay, but comparing her tactics with those of her conniving character sends the wrong message to women. "Negotiating is just how business is done," she says.

Here are Donovan's three tips for negotiating a salary or promotion.

Do your research

"Sixty percent of people

working in the private sector have some kind of pay secrecy in place," says Donovan. Find out the market rate for your position by researching pay averages on sites like Salary.com, Payscale.com and GlassDoor.com. You'll find out not just where you stand in comparison with your colleagues, but also how your company measures up to industry standards, says Donovan.

Focus on impact, not aptitude

The biggest negotiation error most people make is focusing on how good they are at their job, instead of their impact on the bottom line.

"Using Robin Wright as an example, she didn't talk about the number of

scenes she was in, or the amount of dialogue she had. She didn't talk about what she actually did. She was talking about her *impact*. So for an employee in most companies, our impact is we're either saving the company money or making the company money," says Donovan.

When negotiating, Donovan suggests attaching monetary value to each job duty: "You could be a grocery store bagger. If you know how to bag using less bags, that saves the company money."

Negotiations start at "no"

Before you sit down at the table, know this: "You are absolutely going to be denied — it's meaningless," says Dono-

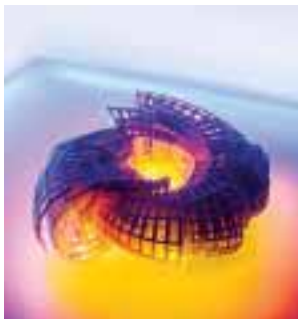
van. "The first offer is the first offer, not the best offer." There's a laundry list of reasons employers use to turn down a request for a raise, so when you get that first no, keep going. But that's where many women often back down.

"We [women] have a tendency to talk ourselves down a few notches. It's unfortunate," says Donovan, who acknowledges negotiating isn't easy. "But the more women are doing it — negotiating with their employment — the more normalized it's going to be."



Robin Wright
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How the founders of Who What Wear cracked the career code

Entrepreneurs Hillary Kerr and Katherine Power take a soup-to-nuts approach to building successful professional lives.



ALIZAH SALARIO
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Successful careers don't come easy. That's why books on the subject are legion. Each one has an answer, but none has the answer.

Add to the list "The Career Code: Must-Know Rules for a Strategic, Stylish, and Self-Made Career" by dynamic duo Hillary Kerr and Katherine Power, the co-founders of fashion and style site Who What Wear and the co-CEOs of Clique Media Group.

Kerr and Power, who met working on the set



Hillary Kerr and Katherine Power talk building careers, and empires. PROVIDED

of "Project Runway," take a soup-to-nuts approach to building a successful career — or an empire. They offered three tips — one each for being stylish, strategic and self-made,

In your book, you wrote about how quantifying your work is key to boosting confidence. Any specific tips?

If you actually take the time to quantify your

work — reviewing your own performance and seeing the many ways you've been additive to your company, department and direct boss — you should be able to find all the confidence you need.

Nowadays, lots of people have a few part-time jobs versus one steady full-time job. What advice do you have for people

juggling multiple gigs?
If you don't have the structure of an office and colleagues, it's really important to create your own version of both. When we were just starting our company, we were working from home and freelancing, but we still acted like we were going into an office. For us, that meant having a basic routine, which included getting dressed for work every morning — even if the "office" was the dining room table — and reporting for "regular" hours.

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Before going on maternity leave, ask for a performance review. **ISTOCK**

How to advance your career when you're pregnant

Should you bring up your pregnancy during a job interview?



EMILY LAURENCE
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Telling your friends you're pregnant is definitely something to look forward to. But telling your boss is typically a bit more anxiety-inducing.

Allyson Downey, author of “Here's the Plan: Your Practical, Tactical Guide to Advancing Your Career During Pregnancy and Parenthood” was working on Wall Street when she found out she was pregnant. Her desire to have a family didn't detour her career success — even in a predominately male industry.

Through her own experience, and in interviews with other successful working parents, Downey shares the tips on advancing your career during pregnancy and parenting. Here are a few of Downey's tips for getting ahead while pregnant.

Get your exemplary

performance written down

In her book, Downey advises creating a paper trail that highlights all the good work you've done and continue to do. If you don't have a copy of your most recent performance review, request one from human resources. Before you tell your boss you're pregnant, ask for another performance review, saying you are someone who likes a lot of feedback and you want to make sure you are on track to accomplishing your goals and meeting the company's objectives. Also, collect any analytical data that reflect what you have done for your company. All of these documents are good to keep in case you ever feel your job is in jeopardy.

Build a network before you go on maternity leave

Downey points out that once you have a baby, you will have zero time for networking events, so spend your pregnancy connecting yourself to people within your field at other workplaces. You'll be able to keep in touch with them digitally later. Plus, it will help you build

a good list of backup employers.

Present a plan to your boss covering all your bases

You may think it will make your colleagues appreciate you more to struggle in your absence and have dozens of questions they wish they could ask you, but Downey says showing your boss how everything you do will continue to get done in your absence shows a commitment to your workplace. Present a plan to your boss, including what you'll pick up with when you get back to the office. Everyone in the office will thank you.

Interviewing while pregnant

“Here's the Plan” also addresses the complicated situation of applying for jobs while pregnant. When it comes to when to tell your potential employer, Downey generally advises not mentioning it during an interview. While there are exceptions, like if the team is very small, she advises keeping the interview about why you are perfect for your job, not your personal life — and that includes pregnancy.



Will the glory days of Matt Harvey ever return in Queens? GETTY IMAGES

NOW IS NOT THE TIME TO GIVE UP ON METS' MATT HARVEY

My column a few weeks back was about Matt Harvey and the fact that, right now, he is not an ace and has not pitched like one. In nine starts this season, he is 3-6 with a 5.77 ERA and a 1.66 WHIP. He has allowed 80 base runners in 48.2 innings of work.

No longer are Mets fans showing up at CitiField dressed up as Batman because the Dark Knight of Gotham is taking the mound to help save the day. So, it is no longer a celebration "right now" when Harvey takes the mound and we are no longer heading to Twitter to tweet out #Harvey Day.

But, that does not mean that it is time to give up on Harvey and turn our backs on the right-hander. It also does not mean that this start will define him for the rest of this season — or the rest of his career.

Yes, it is alarming that he can't find a way to grind through starts like his teammate Jacob deGrom. Harvey does not have his A-plus stuff right now and his velocity is down, but his velocity is good enough to be effective even if he is not dominant. Even with his struggles on Saturday against Milwaukee in which he threw 100 pitches in five innings of work, deGrom has thrown to a 3.07 ERA this season. He has battled and showed you some grit and the ability to pitch and get outs even when he does not have his best stuff.

We have yet to see that trait materialize with Harvey, and that is the most disappointing and

MARC MALUSIS

OPINION

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eye-opening revelation during the nine starts for Harvey during the 2016 season. But this is not from a lack of work. This is not a case where Harvey needed to be humbled in order to become the ace. This is certainly not Harvey being handed too much too soon and not truly earning on the mound all the accolades that were thrown his way.

He started the 2013 All-Star Game out at CitiField for the National League. In 2012, he pitched to a 2.73 ERA in 10 starts. In 2013, Harvey pitched to a 2.27 ERA in 26 starts. After undergoing Tommy John surgery and taking 2014 off,

he pitched to a 2.71 ERA in 2015.

After all the uproar last fall about how he would be handled and his innings limit when the question was raised by his agent Scott Boras, he continued to pitch and threw an additional 26 innings and pitched to an ERA that was a tad over 3.

So we are now dealing with the here and now and a pitcher that is searching for confidence and positive results. Maybe this has everything to do with the fact that he threw over the expected amount of innings after his first full season back from surgery.

We can all speculate about the correlation, but nobody knows for sure. The Mets were right to keep him in the starting rotation and have him pitching next down in Washington. You can't try and build confidence and basically bench a player. You can't send him to the disabled list either as Harvey continues to bemoan the fact that he is healthy, but he just does not feel right out there.

Harvey is a really good pitcher when he does have his full arsenal of pitches and has shown to be anything but that when he does not. So, we are left with a pitcher that continues to search for an answer that is proving to be very difficult to find. Very much like hitters when they used to step into the batter's box against Harvey.

The only one that can figure out this riddle is Harvey himself.

Battle for the NL East



The Mets can reclaim the top spot in the division this week but will have to travel to Washington to face the East-leading Nationals for a three game series, starting Monday. Bartolo Colon gets the nod to start Game 1, a 7 p.m. start. GETTY IMAGES

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Giants, still worried about Cruz, hedged their bet drafting Shepard

The Giants are still hopefully Cruz will return to electrifying form.

TONY WILLIAMS
@TBone8
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The Giants and their ardent fanbase have been waiting for years to see if former franchise wideout Victor Cruz will return to form.

It's been so long since

Cruz graced the field and salsa danced all over opponents that he's been supplanted as the team's franchise receiver and there's even a new coaching regime in place.

The Giants' brass is counting on Cruz to show some resemblance of his former self, when he was torching defenses as arguably the best inside-outside threat in the league. Management hedged its bet on getting back a 100 percent Cruz by selecting

former Oklahoma wideout Sterling Shepard in the second round of the draft. Shepard (5-foot-10) is similar to Cruz (6-foot), as he poses problems in the slot and on the perimeter and is as slippery as he is capable of breaking tackles and accumulating yards after the catch.

The drafting of Shepard may not be a total indictment on the Giants' faith in a full Cruz recovery, but it at least covers their bases in case he

can't.

For his part, the venerable Cruz said he can only concern himself with his progress and make sure he's finally available for a prolonged run when the season begins.

"The key is to stay ready for all 16 [games] and not just Week 1," Cruz said during the team's recent organized team activity. "We just have to stay the course, and be ready for the long haul."

The long haul, should Cruz last, could be a really effective Giants' receiving corps. While the unit lacks cumulative size — with the average size being 5-foot-11 of the projected wideouts in the rotation — it could be one the more explosive outfits in the league. Odell Beckham Jr. will continue to do Beckham things, Shepard was a highly-rated addition and Dwayne Harris was a solid contributor last season. But the real key to Ben McAdoo's passing game could be how well — and how long — Cruz contributes.

Cruz hasn't played since Week 6 in 2014, so he's the ultimate wild card. McAdoo's offense stresses quickly getting the ball in the hands of his wideouts so they can make plays and garner yards after the catch — a one-time strong suit of Cruz's game.

The Giants don't have physically imposing wideouts, meaning McAdoo and his staff will need to get creative with forma-



If (and when) Cruz does return, will he be the same dynamic playmaker he was before he got hurt? GETTY IMAGES

tions and alignments that maximize the talents of the players they do have. Cruz mastered getting open against some of the biggest and most physical cornerbacks in the league. He and Eli Manning made a living off the quick, short passes — due to Cruz's explosiveness. But it remains to be seen if he still has that burst. Should the Giants get that version, however, they'll rival any passing attack.

Cruz and the Giants agreed to rework his once-bloated deal, two months ago, going from \$7.9 million to \$3 million this season, with performance-based incentives for an additional \$2.5 million.

The base salary may be a bit much for a guy who hasn't played in over 17 months, but within the facilities, the Giants are certainly in the rare position of rooting for a guy they'd be happy to overpay.

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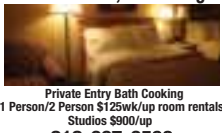
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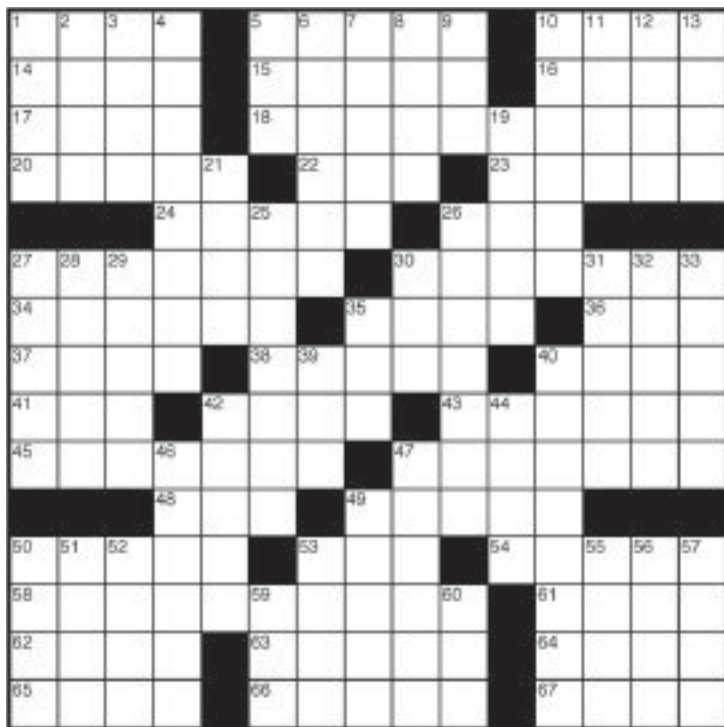
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Across

- 1 Hoopster — O'Neal
- 5 Kind of yoga
- 10 Linen color
- 14 Ashram leader
- 15 Open-air lobbies
- 16 Shuttle launch sound
- 17 Leaf source
- 18 Limestone formation
- 20 Cut drastically
- 22 Excitement
- 23 Lead the life of —
- 24 Earth, to Pierre
- 26 Debate side
- 27 Looks up to
- 30 Ripple
- 34 Uses a pepper mill
- 35 Flooring piece
- 36 It may be fragile
- 37 Called the butler
- 38 Zestful
- 40 Early siren
- 41 Comic — Philips
- 42 After-dinner wine
- 43 Hummed along
- 45 Designate, as funds
- 47 Climbs
- 48 Morn's counterpart
- 49 Pirated
- 50 Laissez- —
- 53 Thai neighbor
- 54 Blue as the sky
- 58 Seamy side

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/games

- 61 Russian epic hero
- 62 Tpk.
- 63 Bridal path?
- 64 Napoleon's exile
- 65 In case
- 66 Make — — buck
- 67 Deli loaves

Down

- 1 Barracks offs.
- 2 Fling
- 3 Circle size
- 4 Knight work?
- 5 Owns, maybe
- 6 Rose-petal oils
- 7 Import and export
- 8 City near Kilauea

- 9 Battery size
- 10 Fur of kings
- 11 Wind into loops
- 12 Evaluate
- 13 Heavy hydrogen discoverer
- 19 Orchard
- 21 Rustler's target
- 25 Make good as new
- 26 Cousteau's ship
- 27 Tally
- 28 Stage production
- 29 Trivial
- 30 Artificial locks
- 31 Pick up on
- 32 Snowy-white bird
- 33 Warty critters
- 35 HBO alternative
- 39 Hot Springs st.
- 40 Cooler, perhaps
- 42 Patio stone
- 44 NCAA Bruins
- 46 Least
- 47 Ring-shaped islands
- 49 Hot dip
- 50 Roll tightly
- 51 Poker stake
- 52 Fateful day
- 53 Erik the Red's son
- 55 Sea, in a gale
- 56 Pajama coverer
- 57 Time periods
- 59 Pasture sound
- 60 Even so

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easy

8		2	7		6		3	
	1			9		7		
7				8		4		
			3			9	2	
9								1
	2	8			1			
		3		5				4
		6		3			1	
	9		4		8	3		5

hard

		6	2			1	4	
	9		1	3	4	7		
	3		6	1			7	
8	5					9	3	
7				5	9		2	
		9	5	7	3		4	
5	2			6	3			

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Aries Strive to make the changes that you haven't made in the past. A contract or negotiation looks promising, and using your attributes, skills and experience to get ahead will pay off.



Taurus Expand your knowledge and interests, and do your best to make new acquaintances. Talks will help you impress someone who can point you in a lucrative direction.



Gemini Hidden matters will cause anxiety. Use your time wisely and focus on health, finances and expanding your interests. Stay in control, be patient and follow your own path.



Cancer Live in the moment and gravitate toward the people and projects that intrigue you the most. Don't be afraid to step outside your comfort zone.



Leo Engage in activities that pump up your energy and enthusiasm. Give your all and seek out new ways to present a fine-tuned persona. Relatives both young and old will offer incentives.



Virgo You'll discover valuable information if you participate in functions that involve your interests or your colleagues. A change in your financial situation is apparent.

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Libra Keep your personal business to yourself. Explore new techniques or methods that will encourage a change of location or help you find a pastime you'd like to pursue.



Scorpio Protect your position, reputation and important partnerships. Put your efforts into personal development and making positive changes to the way you live.



Sagittarius Don't rely on secondhand information. Travel will lead to delays. Stretch your thinking in order to discover something unique that will improve your relationship with others.



Capricorn Share your ideas for home improvements and investments that will affect those close to you. Plan an intimate evening or a trip that will give you something to look forward to.



Aquarius Keep your mind set on things you can do to make your personal and professional lives better. A change will do you good and will give you a revived desire to reach your goals.



Pisces You'll face emotional interference and discord when dealing with people who are literally or figuratively close to you. Don't let anyone pressure you into getting involved. **EUGENIA LAST**

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